Your Health and It's Care

By DR. WILLIAM BRADY, M.D.

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GIVE US A MENU OR PIPE DOWN

Every half baked expert who manages to break into print seems to derive satisfaction from telling the bewildered public that it is foolish to take vitamins in any form unless your physician prescribes the specific vitamins and the specific 'doses' your case requires. The self-constituted expert explains that if one follows a fairly well balanced diet one will get all the vitamins one needs from foods—especially from the protective foods, milk, eggs, cheese, fresh vegetables, greens, fresh fruits, nuts and peanuts, beef, fresh pork and ham.

Dr. Brady

It sounds fine. But no matter what eminent specialist said it first, it is, after all, the cheapest grade of baloney.

I lose no opportunity to suggest or urge the daily consumption of protective foods, particularly milk, cheese, greens or salad vegetables. I believe a greatly increased per capita consumption of these corrective protective foods would be a boon to the health of the country.

At the same time I know—and I'll back this with $100 if any one cares to take issue with me—the Red Cross to take all—that it is practically impossible for an ordinary person to consume the necessary quantities of the protective foods to supply what recognized nutrition authorities consider the minimum daily ration of vitamins for adequate nutrition.

This is not just my notion My assurance comes from a recognized authority, Prof. Norman Jolliffe, who estimated that in order to get even the amount of vitamin B1, (550 international units) that has been lost during the past century as a result of refinement in milling of wheat one would have to consume a daily combination of 625 Gm of fruit, 600 Gm. of potatoes, 880 Gm. of other vegetables and 1,260 cc. of milk. (Approximately 454 Gm. to a pound, 473 cc. to a pint). If you try to get all the vitamins you need from your well balanced diet some day, let me know when you get out of the hospital.

Another thing. The half-baked debunkers are fond of saying that our great grandparents got along pretty well without any knowledge of vitamins, and that is not far wrong — our great grandparents got that daily 550 units of vitamin B1, from the whole wheat and the old-fashioned molasses and crude unrefined brown sugar they ate—in their day there was no refined white flour, no refined white sugar, no refinery "molasses".

If the self-contituted experts and the bright young "science editors" of Tom, Dick and Harry's magazines are not just kidding about the "vitamin craze" surely it should be easy for them to give us the menu for a day's meals which will supply all the vitamins one needs. I repeat, for such knowledge I'll contribute as stipulated to the Red Cross or other philanthropy my teacher indicates.

QUESTIONS AND ANSWERS

Old J. B. Always Wins

My husband is good and kind, but he has grown so stubborn—he never used to drink at all, now he says he has to have it, and every few weeks goes on a spree. He insists it doesn't hurt any one and says it is my fault I don't go and drink with him.

(Mrs. L. M.)

Answer—I'm sorry, ma'am, but that is the same old line drinkers have taken from the year 1. Old John Barleycorn always wins the bout, but each new contender takes just that line in the earlier rounds. Send 10 cents and stamped envelope bearing your address, for booklet "Dipsomania."

The Fuss-Budgets

Son, 2½ years old, very fond of milk and cries for it if we will not let him have it BEFORE his meal. Of course, you know that if he drinks milk then he is too full to eat.

(Capt. S. F. ——)

Answer—Of course, I know nothing of the kind. Find some other subject to fuss about at table and let the child have his milk as and when he likes it.

Asthma

I have chronic asthma and bronchial trouble. Tests showed I am allergic to house dust and pollens.

(C. M.)

Answer—If the "Asthma" is more or less incessant the diagnosis seems questionable. Send stamped envelope bearing your address, for pamphlet on Asthma. Inclose 10 cents if you wish also a pamphlet on "Relief for Allergy."

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Our Men and Women in the Nation's Service

LOCAL ARMY MEN UNDER NAZI FIRE ON ITALIAN FRONT

Sgt. Clyde D. Caffey of 415 Edwards street, Sgt. James W Devon of 615 W. 2nd street, Cpl. William J. LaComb, son of Mrs. Josephine LaBrun, 715 W. 13th street, Cpl. Paul J. Merfeld of 1109 W. Maine street, Cpl. Ralph W. VanDeMark of 1135 Court street, all of Medford, are members of the 316th Engineer Combat Battalion, which has been running into direct German resistance as it carves out a route of advance for 5th army troops fighting toward Italy's Po Valley.

Jerry machinegun fire was turned on the engineers as they filled a huge crater recently on a highway leading into Bologna, to enable tanks to advance. The men of the 316th finished the job and fought their way out.

They spent a night building a road in advance of infantry outposts near Futa Pass to enable doughboys to keep supplied with food and ammunition. The enemy concentrated artillery and mortar fire on them in a vain attempt to discourage this work.

SGT. JOHN BEIGHLER

With the Fifth Army, Italy—Sgt. John C. Beighler, whose wife resides at Gold Hill is a member of the 347th Field Artillery Battalion, which recently helped in the capture of heavily fortified Livergnano on the 5th army front, a keystone in Germany's defense of the Po Valley in Italy.

SGT. JOE DUBUQUE
CPL. IRA KARDORF

S/Sgt. Joe F. Dubuque, whose wife lives at 406 N. Beatty street, and Cpl. Ira R. Kasdorf, wire corporal, son of Mrs. Mary Kasdorf, 525 S. Central avenue, are members of the 346 Field Artillery Battalion, which fired 1200 rounds into German defenses recently as 5th army doughboys took Monghidoro, 25 miles south of Bologna, on the Italian front.

SGT. ORVILLE CASTER

With the Fifth Army, Italy—M/Sgt. Orville O. Caster, whose wife resides at 326 Portland avenue, S/Sgt. Owen P. Wood, Ashland, and Pfc. Embrey C. Townzen, whose wife resides at 170 Mountain avenue, Ashland, are members of the 348 Field Artillery battalion, which has taken an impressive toll of German armor in its 157 days in combat on the 5th army front in Italy.

CPL. JOHN KIRBY

Fifth Air Force, Philippine Islands—Cpl. John W. Kirby, Jr., of 145 N. Ivy street, Medford, was a member of the first wave of Brig Gen. J. V. Crabb's 5th bomber command to arrive in the Philippines October 22, two days following the initial invasion assault. He is the son of Mrs. J. W. Kirby.

PFC. RUSSELL HERBERT

At a Twelfth Air Force C-47 Base in Italy—Private 1/c Russell L. Herbert, son of Mr. and Mrs. W. M. Herbert, 393 East Main street, Ashland, Oregon, has received his fourth overseas stripe after completing more than two years overseas duty with a veteran troop carrier group of the 12th air force.

SGT. GEORGE FREDENBURG

Sergeant George J. Fredenburg, Gold Hill, is entrusted with the assignment of assistant engineer in the personal crew of the commanding general of the "Fightin' 13th" AAF As such, he helps to keep in perfect flying trim the four-engined plane which transports the general and other high-priority leaders to and from the 13th's scattered bases in the southwest Pacific. Sergeant Fredenburg, son of Mr. and Mrs. John L. Fredenburg of Gold Hill, entered the AAF in December, 1941, has been overseas since April, 1941, and has logged 200 hours in the combat zone.

LT. ROYAL COOLEY

Service as both bombardier and navigator on B-17's in the Hell's Angels group, Second Lt. Royal D. Cooley, son of Mr. and Mrs. R. M. Cooley, 648 Palm street, has completed 35 flights over Germany. He was attending Oregon State college at Corvallis prior to beginning cadet training.

He has been serving with the 8th air force which has been bombing Germany and has been processed at the war department personnel reception center at Fort Lewis, Wash., prior to being given a leave to visit his home here.

MARSHALL K. WILLIAMS

With the 36th "Texas" Division of the Seventh Army, France—Marshall K. Williams has been promoted from private to technician fifth grade, while serving with the 36th division of the American 7th army in France. He is the son of Mr. Charles J. Williams, Rt. No. 1, Box 550, C, Medford, Oregon.

SGT. RICHARD BARNES

With the Fifth Army, Italy—Staff Sergeant Merle K. Hampton of Carlinville, Ill., pulled his topkick, First Sergeant Richard L. Barnes of Ashland, Ore., from the icy waters of a swollen stream on the 5th army front in northern Italy recently

Hampton, a mess sergeant, and Barnes serve in Company K, 363rd Infantry Regiment of the 91st "Powder River" division.

Sgt. Barnes fell into the river when he stepped on a loose stone while crossing the stream. A rope which had been fastened around Sgt. Barnes with the other end being held by Sgt. Hampton was used in the rescue.

CPL. ROBERT BROWN

Cpl. Robert Brown, son of Mr. and Mrs. Joe L. Brown, 315 Ashland avenue, recently wrote his parents from Italy stating he is now driving a jeep to the front lines. He has been oversets since January 1, having left from a camp in Texas. Cpl. Brown attended Medford high school and left here with the national guard unit in 1941.

DWARF ELK NUISANCE IN INYO CO. IS CLAIM

Sacramento, March 29—(U.P.)—A bill to authorize the fish and game commission to destroy Tule elk in Inyo county was passed by the senate today.

Sen. Charles Brown (D., Shoshone) said the so-called "dwarf" elk is causing thousands of dollars of damage annually to potato, alfalfa and other crops. The herd has increased to 500 since 100 of the animals were moved from Kern county to the Inyo area 10 years ago, Brown said.

TOUHY TRIES AGAIN

Chicago, March 29—(U.P.)—A 62-page petition for a writ of habeas corpus was on file in federal court today, marking Roger "The Terrible" Touhy's third legal attempt to get out of prison. Touhy, who led a prison break from the Stateville penitentiary October 9, 1942, charged that he was wrongfully convicted of the kidnapping of John "Jake the Barber" Factor.

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Time Shown is PWT.

Thursday

5:00 p. m.—Sam Hayes and the News, MBS; OK for Release, NBC; Terry and the Pirates, BN.
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC
5:30 p. m.—Jack Armstrong, BN; Harry Flannery, News, CBS; Tom Mix MBS; News, NBC
5:45 p. m.—Captain Midnight, BN; Elmer Peterson, NBC; Night News Wire, MBS; News, CBS.
6:00 p. m.—Music Hall, NBC; Major Bowes, CBS; Gabriel Heatter, MBS; News, BN
6:15 p. m.—Supper Music, BN
6:30 p. m.—Bob Burns, NBC; Spotlight Bands, BN; Corliss Archer, CBS; Treasure Hour of Song, MBS
7:00 p. m.—Abbott and Costello, NBC; Fred Waring Orch., BN; First Line, CBS
7:15 p. m.—Lowell Thomas, MBS
7:30 p. m.—March of Time, BN; Red Ryder, MBS; Rudy Vallee, NBC; Here's to Romance CBS.
8:00 p. m.—Supper Club, NBC; Jack Kirkwood Show, CBS; Bulldog Drummond, MBS; Earl Godwin, BN
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS
8:30 p. m.—Frank Morgan, NBC; Death Valley Sheriff, CBS; America's Town Meeting of the Air, BN
9:00 p. m.—News, MBS; Dinah Shore, NBC; Ellery Queen, CBS; America's Town Meeting of the Air BN
9:15 p. m.—Rex Miller, MBS.
9:30 p. m.—The Saint, NBC. Academy Awards, BN
10:00 p. m.—News Reporter, NBC; News, BN. Fulton Lewis, MBS
10:15 p. m.—Sport Program. BN; San Francisco Show NBC
10:30 p. m.—Fenneman's Nite Club, BN; Sweetheart Swingtime, NBC.
11:00 p. m.—News, BN.

Friday

5:00 p. m.—Terry and Pirates, BN; OK for Release, NBC; Sam Hayes, News MBS
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC
5:30 p. m.—Jack Armstrong, BN; Harry W. Flannery, News, CBS; Tom Mix, MBS
5:45 p. m.—Elmer Peterson, Commentator, NBC. Capt. Midnight, BN; Night News Wire, MBS, News, CBS.
6:00 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS
6:15 p. m.—News, BN
6:30 p. m.—People Are Funny, NBC; Those Websters, CBS; Double or Nothing, MBS. Spotlight Bands, BN
7:00 p. m.—Amos and Andy, NBC; Sammy Kaye's Varieties, BN; Durante and Moore, CBS
7:15 p. m.—Lowell Thomas, MBS
7:30 p. m.—Stage Door Canteen CBS; Lone Ranger, MBS; Bill Stern, NBC. Address by Sen. Tom Connally, BN.
8:00 p. m.—Fights, MBS; Jack Kirkwood show, CBS; Supper Club, NBC
8:15 p. m.—Fleetwood Lawton, NBC; Tonight in Hollywood, CBS
8:30 p. m.—Duffy's Tavern, NBC; It Pays to Be Ignorant, CBS; Stars of the Future, BN
9:00 p. m.—Furlough Fun, NBC; Tom Breneman, BN; News, MBS; Aldrich Family, CBS
9:30 p. m.—Adventures of Thin Man CBS; News, BN
10:00 p. m.—Fulton Lewis, Jr., MBS
10:30 p. m.—Orchestra, NBC; Orchestra, CBS
11:00 p. m.—Orch., NBC; Man Named Jordan, CBS

QUINTUPLETS DIE

Washington, March 29—(U.P.)—The last of a set of quintuplets born to a Negro mother here last night died early today. Mrs. Ada Turner, 36, was the mother of the five girls. The father, Harold Turner, 36, is a clerk at the U. S. Bureau of Standards here. The couple has six other children, including four-year-old twins.

Soldier Drives Bus On Furlough Home

Houston, Tex. (U.P.) — Staff Sgt. James W. Johnson's busman's holiday is over.

The sergeant had a 16-day furlough from the Amarillo air station, and while he was home he drove a city bus—because "this is what I did before the war, and this is what I want to do when the war is over. I was just having fun."

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Crossword Puzzle

ACROSS

1—Language taught in school
6—Prison term (slang)
9—Droop
12—Expiate
13—High note
14—Good health
15—French river
16—Owner of famed box
18—Spanish name
20—Group of soldiers
21—Horned animals
23—Bitter vetch
25—Where British beat Germans
26—Western camp
27—Cheap pathos
29—Staged an uprising
31—Church festival
35—Doped cigarette
37—Sooner than
38—Posture
41—Soak flax
43—Native of Arabia
44—A flower
45—Off center
47—Shows mercy
49—Detecting device
52—The whole man
53—Grow hard
54—Greek market place
55—Twilled fabric
56—Affirmative
57—Cuddles

DOWN

1—Flea (slang)
2—Filipino
3—Underwater projectile
4—On the inside
5—Require
6—Sound of gun
7—Wing
8—Gasp
9—Track
10—First Jewish high priest
11—Vine fruit
17—Waste matter
19—School book
21—Beetle
22—Much (comb. form)
24—Broad pieces of cloth
27—Insect
28—Paddle
30—Trapped
32—Shipworms
33—Age
34—Rebel
35—Eats big meal
36—Pulp product
39—Indian tribe
40—Sharpen razor
42—Saying
44—Reddish
46—Near Eastern country
48—Born
50—Craft
51—Short-napped

ANSWER TO PREVIOUS PUZZLE

W	E	S	T		A	S	S		O	P	E	N
O	V	E	R		B	O	T		P	A	L	E
R	E	N	E	G	A	T	E		E	R	S	E
E	N	T	E	R		A	L	E	R	T	E	D
			D	A	P		L	O	A			
G	A	D		B	R	E	A	S	T	P	I	N
A	R	I	A		O	A	T		E	A	S	E
B	A	N	N	I	S	T	E	R		V	E	T
			T	N	T		D	I	P			
B	O	W	L	E	R	S		L	E	A	S	T
A	L	E	E		A	T	A	L	A	N	T	A
T	I	E	R		T	A	W		S	N	A	G
S	O	D	S		E	Y	E		E	A	R	S

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BLONDIE

BUZ SAWYER

L'IL ABNER

THE NEBBS